

Microwave Breakfast Cobbler

Ingredients:

- 1 can (16 ounces) peaches, sliced & drained
- 1 can (16 ounces) pears, halved & drained
- 1 can (6 ounces) prunes, pitted & halved
- 1 tsp orange peel, grated
- 1½ cups granola cereal, low fat
- 1/3 cup orange juice



In 6-cup shallow microwave bowl toss peaches, pears, prunes, orange peel, and orange juice. Top with granola. Microwave on HIGH 5 minutes. Let stand 2 minutes. Spoon into bowls. Serve with plain yogurt if desired. Makes 4-6 servings. Can substitute 2-16 oz. cans fruit cocktail for peaches and pears.

Nutritional Information (per serving)

Calories: 274

Fat: 3g

Percent of calories from fat: 9%

Cholesterol: 0mg

Fiber: 7g

Sodium: 3 mg

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